

Warren SENTINEL



Photo by 1st Lt. Darrick Lee

Inside: General Lord speaks * Who's your wingman? * Flu vaccines * ALS graduates * Halloween at Warren * Hiring a contractor?

Commentary

Lest we forget, Veterans Day

Lt. Col. Rachel Lefebvre

90th Medical Support Squadron commander

I am dedicating this column to outline the history of Veterans Day with the charge that each one of you will educate one young American so that they too can pass along the true meaning and sacrifice associated with this unforgettable holiday.

Nov. 11, 1918: The eleventh month, the eleventh day, the eleventh hour is remembered as the official end of the first global conflict - World War I - with the signing of the Armistice between the Allied Forces and Germany/Austro-Hungary. This armistice eventually led to the signing of the Treaty of Versailles on June 28, 1919 which laid out the terms of this ultimate surrender.

World War I was considered one of the most destructive, sanguinary, and far-reaching wars in human annals. In 1926, the United States Congress enacted a recurring holiday called "Armistice Day." It was a holiday for the remembrance of the men and women who fought for our country during this horrendous war and who dedicated their lives to world peace. Twelve years later, it became a national holiday.

In the intervening years, the United States had been involved in two other great military conflicts, adding millions of veterans to the honor rolls of this nation; World War II, which required the greatest mobilization of Soldiers, Sailors, Marines and Airmen in the nation's history, as well as the American forces who had fought aggression in Korea. On

June 1, 1954, President Dwight D. Eisenhower, vowed to Congress to change the name of Armistice Day to Veterans Day to honor all American veterans of all wars.

Veterans Day is a day to solemnly remember the sacrifices of all those who fought, and are still fighting, so valiantly for our country in all of the wars. It is a holiday by which the president has directed the display of the flag on all public buildings. An official national ceremony for Veterans Day centers on the Tomb of the Unknowns in Arlington Cemetery. To honor these men, symbolic of all Americans who gave their lives in all wars, an Army honor guard, the 3rd U.S. Infantry, keeps day and night vigil. At 11 a.m. Nov. 11, a combined color guard representing all military services executes "Present Arms" at the tomb. The laying of a presidential wreath and playing "Taps" symbolize the nation's tribute to its war dead.

Presently there are 26.4 million military veterans in the United States; this is a ratio of about 1-in-

Veterans, Page 23

AFSPC commander stresses importance of motorcycle safety

General Lance W. Lord
Commander, AFSPC

Recently I was privileged to participate as a guest speaker in the Salute to American Veterans Motorcycle Rally at Cripple Creek, Colo., an annual event honoring those who have sacrificed in service to our country. We rode as a group from Colorado Springs to the rally in Cripple Creek. The 45-mile ride through mountainous terrain was exhilarating, and spending the day in such a beautiful setting was truly inspiring. The interaction with such a variety of motorcycle riders provided a few great safety reminders that I'd like to share.

It was very surprising to see how many of the riders did not wear protective gear. As all Air Force motorcyclists know, AFI 91-207 mandates the wear of prescribed safety gear—it's not optional! It is amazing that anyone would choose not to wear their "armor," optional or not! In a serious mishap, the proper protective equipment can literally make the difference between life and death.

Second, I was reminded of the value of knowing how to ride properly. For Air Force personnel, this means attending the proper motorcycle training course before you ride. Just like wearing proper safety gear, the training course is not optional. The rules are spelled out in AFI 91-207. If you're a rider, be sure you know the rules and that you've attended the required training.

Third, and perhaps most important, we all must understand the risks we're

taking when we ride and plan for them. Any encounter between a motorcycle and an automobile, bridge abutment, guardrail, etc is never a fair fight—the motorcycle rider is always at a severe disadvantage. It is important to "flight plan" our ride ahead of time, considering all the potential dangers we may face. Remember, every ride is a "combat sortie" and we must plan accordingly.

Finally, for riders at Peterson, Patrick, and Los Angeles Air Force Bases, your base-level motorcycle clubs are an outstanding resource for fun, camaraderie and to help us become safer riders. The clubs are part of an AF-wide test program and they are laying the foundation for motorcycle clubs that will be formed at other bases across the Air Force in coming months. Their organized rides and programs to match novices with more experienced riders are designed to make the sport safer and more enjoyable for all. I encourage you to become a member!

Our day at Cripple Creek was perfect. We got to ride in beautiful country, enjoy the camaraderie of thousands of fellow riders, and pay tribute to those who have served America. It was a great day, in large part because there were no accidents. As responsible motorcycle riders, we must go the extra mile to be sure that all of our motorcycle outings end with that same great feeling of satisfaction.

—Warren— SENTINEL

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On the cover ...



Red Ribbon Week, now through Sunday, is the most well-known anti drug week in America.

CHIEF's
Sight Picture

21 October 2004

Stressed Airmen – Who's Your Wingman?

Stress is nothing new to military life and there are many factors that contribute to this. But lately, stress has been taking its toll on our Airmen. Our suicide rate is skyrocketing while accidental deaths are more than 36% above what they were four years ago. We lost 57 people to suicide in the past year – a dramatic, and tragic, increase from last year. We lost another 99 Airmen to accidents. Combined, that's an order of magnitude greater than our combat losses in both Iraq and Afghanistan since September 11, 2001. We're causing ourselves more harm than the enemy. We must do a better job of looking after one another – be better wingmen.

Our jobs are inherently stressful. This is a fact of our profession. We have over 30,000 Airmen deployed across the globe, with over 7,000 of them in a combat environment. Many Airmen are now on their sixth deployment in ten years. Those at home face increased work hours, inconsistent manning, and a continuous workload. More stress comes from uncertainty. In addition, increased AEF deployment periods, force restructuring, Non-Commissioned Officer retraining, and OSD's BRAC assessments and potential base closures may suggest an ambiguous or unstable future to some Airmen. This can often lead to other stress factors, like family or relationship problems, financial or legal problems, and substance abuse. We are taking steps to mitigate some of these factors, but stress will always be a concern. Stress is a problem we can manage.

The Air Force leadership is confronting this problem. We cannot relieve the tempo of deployment. When our nation calls, we must respond. However, we can and will work to provide our Airmen with the support they need to carry their load. We are reinvigorating our suicide prevention program that had dramatically dropped the number of suicides over the past seven years. The program worked, but it needs a shot in the arm. Along with suicide prevention, we're continuing to focus on safety and risk management, with zero mishaps as our goal.

November begins the busy holiday season. This is a time of celebration, but also a time when stress rises. Our Major Commands will be placing special emphasis on stress-related issues during the month of November. We will: reemphasize the support services available; review the signs of stress; and remind all Airmen what it means to look out for each other – to be good wingmen.

However, this problem cannot be solved through programs and training sessions alone. It's going to take an effort from the whole force, from our commanders and supervisors to every Airman in the force. It will take your total commitment.

Commanders – you bear the responsibility for the total welfare of our greatest asset – Airmen. You are responsible for their physical, emotional, social, and spiritual well-being. Use your base resources. You should know when your Airmen need help, and where to send them to get it.

PEACE KEEPERS

By A1C Nathaniel Turner, 90MMXS



Arrive Alive Kicks Off

Today the 90th Space Wing kicks off the Arrive Alive program. This new program allows military members and their dependents over the age of 21 a free taxi-ride home within the local Cheyenne area when they show a valid military ID and an Arrive Alive card. If in a group of three, only one member must show an Arrive Alive card. Printed on the card are transportation phone numbers and rules of engagement. Cards will be distributed during Right Start, First Term Airman Center, and will also be available from your first sergeants.

Blue to Green

Under the recent Force Shaping, Phase II Program, our Air Force is looking to reduce our force by 18,000 enlisted and 4,000 officers by the end of fiscal year 2005. While the Air Force is reducing their forces, the U.S. Army is increasing theirs. This program allows many Airmen a chance at a new career while remaining in the military.

Want to have all the facts surrounding the Air Force Blue-to-Green program? Briefings are held every Wednesday at 3 p.m. in Building 232. For more information, contact Capt. Andrew Montoya at 778-7640.



Photo by Airman 1st Class Tessa Cubbon

ESCAPE FROM THE ORDINARY

Airmen from across the base take advantage of all that the Dorm Escape has to offer Saturday. Dorm Escape is located in the basement of the First Term Airman's Center and is open 6 p.m. to 10 Wednesdays for Movie Night; 6 p.m. to midnight Fridays; noon to 6 p.m. Saturdays for college football and from 6 p.m. to midnight for regular activities; noon to 6 p.m. Sunday for Cappuchino Night. For more information on Dorm Escape, call Airman 1st Class Trudie Rickman at 773-3434.

Briefs

Combined base graduation

The second annual Base Combined Graduation will take place Nov. 4, 3 p.m. at the Pronghorn Center. The ceremony will celebrate the accomplishments of Community College of the Air Force, Park University and Embry-Riddle Aeronautical University students who completed degree requirements in academic year 2004.

Summary courts officer announcement

Lt. Col. John Probst, 90th Missile Security Forces Squadron commander, regrets to inform personnel of the death of Senior Airman Wilmar Raul Diaz-Davila. Any persons having claims against, or in behalf of, Airman Diaz-Davila should present same to the summary courts officer, 1st Lt. Jason Hamman at 773-4144 or 630-3125.

Job announcement

The 90th Space Wing is seeking a new career assistance advisor. Master sergeants or senior master sergeants with outstanding military bearing, dress and personal appearance, and conduct may apply. Applicants must meet all quality factors. Applicant must have a rating of no less than three on the last five enlisted performance reports and have an ASVAB test general score of 45 or greater. Roles and responsibilities of the CAA and a complete listing of assignment qualifications are available in Air Force Instruction 36-2624. All applicants must submit their last five enlisted performance reports, a letter of recommendation from their unit commander, a six-page records review RIP and a military resume. Applications are due to the 90th Space Wing CCM no later than Nov. 15.

Healthy cooking demo

A free, healthy cooking demonstration is scheduled to be held at the Health and Wellness Center 11 a.m. to 1 p.m. Nov. 19. Capt. John Shirley, 90th Medical Support Squadron, will give instructions on how to make sushi, rice and other Oriental cuisine. To reserve a seat or for more information, contact the HAWK at 773-4292.



Photo by Airman 1st Class Lauren Sixbey

LIONS AND TIGERS AND ... STORY TIME?

The Cowardly Lion, otherwise known as Lisa Anderson, Warren Federal Credit Union employee, reads "The Bernstein Bears Trick or Treat" to children from the Warren Child Development Center Oct. 21. The reading is an annual event for the credit union to promote their Safari Savings Account for children.

The real deal on flu vaccines

Article courtesy of the 90th Medical Group

Individuals at Warren can receive their flu immunization now at all local pharmacies, even though the DoD's first doses of vaccine are dedicated to personnel serving in South West Asia.

Flu vaccine will be available at Health Reach Monday. At this time, we are awaiting further guidance from the Centers for Disease Control concerning healthy individuals. High risk individuals are:

- Those aged over 50 years.
- Adults and children who have chronic disorders of the pulmonary or cardiovascular systems, including asthma.
- Adults and children who have required regular medical follow-up or

hospitalization during the preceding year because of chronic metabolic diseases, including diabetes, kidney dysfunction, blood disorders, or suppressed immune systems.

- Children and adolescents (aged 6 months-18 years) who are receiving long-term aspirin therapy and, therefore, might be at risk for experiencing Reye syndrome after influenza infection.

- Pregnant women after the first trimester.

- Children aged 6 to 23 months.

Authorities from the United Kingdom have suspended the license of Chiron Corp. for three months due to quality control concerns at its manufacturing plant in Liverpool, England. Chiron produces half of the vaccine used in the United States. According to the Centers for Disease Control, the Food and Drug Administration is

coordinating with United Kingdom, and the CDC is currently working on further guidance.

Approximately 1 million doses of Chiron's vaccine have been delivered to the United States. However, these doses were not released and remain in the Chiron's possession. Flu vaccine is available from another manufacturer that has already delivered its first shipments.

Health Reach will bill Tricare for the cost of the flu shot. However, if you chose to get your flu shot at a local network pharmacy, you'll have to pay \$15 up front. Make certain to keep your receipt and file it at West Region Claims, WPS, P.O. Box 77028, Madison, WI 53707-7028 for reimbursement. For more information, call the immunization clinic at 773-2170.

Construction corner

Restricted Access to parking lots at Building 248, 250, 306

The east entryway of the parking lot will be restricted for installation of curb and gutter, through Jan. 30, 2005, weather permitting. Access to the parking lot can be gained by the west entryway. For more information, contact Mr. Harry Furrey at 773-3539.

Restricted Access to dorm parking lots along 10th Calvary Road

The dorm parking lots along 10th Calvary Road are scheduled to go through stripping. The restricted access is scheduled for Saturday through Sunday. The following buildings will be affected: 223, 224, 226, 228, 230. Alternate parking is available at the old Fall Hall parking lot, Building 151. Street striping will also begin on Randall Avenue and Rogers Road moving west to Central Avenue. For more information, contact Tech. Sgt. Tim Olesinski at 773-2049.



Airman Leadership School: To prepare senior airmen to supervise and lead

Master Sgt. Karmella VanStockum
Airman Leadership School

The goal of the Airman Leadership School is to prepare senior airmen to become effective Air Force supervisors. When suddenly thrust into supervisory positions, these young enlisted people must be prepared to handle their responsibilities and accomplish the mission.

To do this, they need a comprehensive, well-rounded educational foundation. This 192-hour course is designed to give them what they need to know. Unlike previous Airman and NCO Professional Military Education programs, this course places great emphasis on student involvement in the classroom.

Guided discussions, case studies and student exercises are designed to give the students as much hands-on experiential learning as possible. The course consists of three curriculum areas: profession of arms, leadership, and communication skills.

GRADUATES FOR OCTOBER 2004

- 20th Air Force**
Senior Airman Sarah R. L. Bensch
- 90th Civil Engineer Squadron**
Senior Airman Kenneth J. Blakeney, distinguished graduate
Senior Airman Kelvin J. Hatcher, Leadership Award

- winner
- 790th Missile Security Forces Squadron**
Senior Airman Kristopher S. Bradney, John Levitow Award winner
Senior Airman Deetria Foster
- 90th Missile Maintenance Squadron**
Senior Airman Brent L. Burns
Senior Airman Luis R. Chavez
Senior Airman Joseph H. Cochran
Senior Airman Louis Cleveland
Senior Airman Craig E. Helvie, Academic Award winner
- 90th Missile Security**

- Forces Squadron**
Senior Airman Ruben M. Castellanos
Senior Airman Bryan Gordon
Senior Airman Matthew J. Hamblen
Senior Airman Rommell C. Lewis
Senior Airman Mark A. Manalili
Senior Airman Joshua N. Roberts, Kisling Seminar Leader
Senior Airman Derrick K. Roby, Andrews Seminar Leader
Senior Airman David S. Strik
- 90th Comptroller Squadron**
Senior Airman Jaysa M. Davis
- 90th Security Forces**

- Squadron**
Senior Airman Erica A. DeVeau
Senior Airman Julian R. Kankelfitz
- 90th Security Support Squadron**
Senior Airman Matthew A. Eldridge
Senior Airman Nicholas E. Tessmer
- 90th Missile Operations Squadron**
Senior Airman Lundy M. Garlic, distinguished graduate
Senior Airman Robert C. Malone Jr.
- 90th Communications Squadron**
Senior Airman Brian M. Murray



50 Years Space and Missile Trivia

Answer to last week's question:

The Peacekeeper missile is being deactivated. When did the final class of Peacekeeper Missileer students graduate from training at Vandenberg Air Force Base?

Answer: Oct. 18, 2004

*This week's question:
Who was the very first female Peacekeeper missileer?*

Want to learn more about space and missile history?

Check out AFSPC's anniversary Web site
www.peterson.af.mil/hqafspc/50th



First Lt. Mark Olenic, 400th Missile Squadron, places a bet during the Texas Hold 'em Poker Sunday at the Trail's End Club. For information on the next Texas Hold'em Poker game, call the club at 773-3048.

Photos by Airman 1st Class Tessa Cubbon



Dealing with contractors?

Skills center offers advice

Joe Simkins
Skills Development Center

Planning a remodeling project or building a new home? Unless you are able to do the complete project yourself, you will need to hire contractors to do the project for you. This can be either a pleasant experience or your worst nightmare, depending on whether you are prepared or not.

Some tips on hiring a contractor:

- Have a complete set of plans and specifications spelling out exactly what you want and what materials you will accept.
- Make sure you get a minimum of three bids on the project. If you are going to use separate contractors for all phases then get three bids on each phase. Taking the lowest bid is not always the best bid. Make sure the contractors are supplying what you have asked for in the specifications.
- Have a time limit set from

start to finish. Assure all the contractors put in writing their start and completion dates, or at least their time frame necessary to complete the work, then make a strict schedule of work so everyone of the contractors know their start date.

- Oversee all phases of the work, continually monitor the contractors workmanship, products used (making sure they are using what is specified), and timeliness (to assure they are finished on time and are not holding up any other contractors).

- Making changes during construction is always costly. Try to have everything you want included in the specifications, this will eliminate the additional charges of making changes down the road.

If you have any woodworking questions or any suggestions for upcoming topics, call Joe Simkins at 773-3166 or e-mail to Herbert.Simkins@warren.af.mil.



Photo by Lorri Welsh

Joe Simkins, Skills Development Center manager, prepares a board to be sawed.

Your healthy child

90 MDG tells you how to keep your youngster feeling great

Capt. (Dr.) Heather R. Cassell
90th Medical Group, pediatrician

The pediatrician or family practice physician has a unique role in the life of your child in helping to identify current issues and providing counseling and guidance regarding health and developmental concerns.

The well child visit is a comprehensive visit encompassing multiple areas, including discussion on nutrition, growth, behavior, development, safety, immunizations, family relations, health screening tools, and a complete physical exam.

A new service offered by

the clinic is a group well visit that allows parents to discuss their child's behavior and prevention issues in a group setting with one of our providers. The purpose of this type of visit is to provide a nurturing and supporting environment for parents to share their experiences and ideas, as most of their concerns are often similar. Physical exams are performed individually in private so parents can bring up specific concerns.

The 90th Medical Group recommends specific ages when these visits should occur and the immunization and health screening required at each visit. If you feel that your child has

missed a recommended assessment, contact the clinic so that our staff may arrange an appointment. Also, specify if you are interested in a group or an individual appointment.

3-5 days of age

Check second genetic disease screen

Review hospital record

Review weight/feeding

This visit is especially important for the breast-fed infant or infants with jaundice.

2 weeks

Second genetic disease screen if not done at the prior visit

Review weight/feeding

2 months

Immunizations: Pediarix

(Diphtheria, Tetanus, Pertussis, Polio, Hepatitis B), Pevnar (Strep Pneumoniae), (Haemophilus Influenza B)

4 months

Immunizations: Pediarix Pevnar HIB

6 months

Review lead risk questionnaire

Review fluoride and iron intake

Immunizations: Pediarix Pevnar

9 months

Blood test for lead if at risk. Not all infants require this visit if there are no health concerns.

12 months

Blood test for anemia and lead if at risk

Immunizations: Measles,

Mumps and Rubella, Varivax (Chicken Pox Vaccine) HIB

15 months

Not all infants require this visit if there are no health concerns.

18 months

Immunizations: Diphtheria, Tetanus and Pertussis Pevnar

Two and three years

Blood test for lead if at risk

Four years

Blood test for lead if at risk

Immunizations: DTap MMR Polio

Five and six years

Blood test for lead if at risk

Immunizations if not done previously



Warren's Haunted History

Some believe the base is home for many past residents

Matt Cox
90th Communications Squadron

Sometimes the past is much more alive than you think.

Especially at Warren, according to the accounts of a few former Airmen and their families who were once stationed here.

With its more than 120 years of diverse history, and stories about ghostly encounters and shadowy apparitions appearing at particular base buildings, it's no wonder some people believe Warren is still home to a few stubborn Fort D.A. Russell inhabitants.

"There have always been lots of sightings of ghosts in cavalry dress uniforms," said Warren Historic Preservation Officer Bill Metz in Debra Munn's 1989 book titled "Ghosts on the Range: Eerie True Tales of Wyoming."

"Most of them occur in or near the earlier buildings. I'm sure you could get reports of hundreds of incidents if you talked to enough people."

The Cavalryman's Shadow

On of Warren's most famous ghost stories involved a family who had just moved into one of the old brick houses on base some years ago.

"On the very first night, their small daughter saw the silhouette of a cavalry officer standing in her playroom. From that time on, she refused to sleep in her bed unless the door to the adjoining playroom was closed," Mr. Metz explained in the book.

Many of the base's older red brick buildings are said to have much of the ghostly activity.

However, it's the current security forces building that has had

the most frequent and disturbing paranormal activity in recent memory.

In the mid-1980s, Staff Sgt. Ed Davis witnessed a similar faint apparition in the early morning.

According to his statements in Ms. Munn's book, Sergeant Davis insisted he was certain about what he had seen. "People are always saying that your eyes play tricks on you, but I know what I saw," he said.

"That officer was standing by one of the radiators, adjusting his trousers and boots. I said 'good evening' and he said 'howdy.' Then it dawned on me that nobody else was supposed to be in that building, but by the time I turned around to get a better look, he had already vanished."

The Cheating Captain

Other lingering "lost souls" from the days of Fort D.A. Russell include a captain who lived in what is now referred to as "The Ghost House" because of the frequent hauntings reported there.

In this tale riddled with irony and reprisal, the captain was upstairs entertaining his mistress when his family returned home unexpectedly; to avoid them, he climbed out of the second-story window, slipped on some ice, and fell to his death.

According to Mr. Metz's statements in the book, many people residing in "The Ghost House" since have reported seeing the spectral captain working in what was his old office.

Indiscreet love affairs seem to have been woven into many of the Warren ghost stories.

A similar event allegedly took place in the 1890s.

"In this case, an officer had been seeing his mistress for quite some time when he suddenly transferred away from the base without telling her. She was so lovesick and despondent that she killed herself. Since then, people have seen her apparition wandering around the upstairs rooms of one of the houses," said Mr. Metz.

The Veiled Woman in Black

Besides the officer's quarters and security forces building, Warren's cemetery also seems to attract visitors from beyond.

Another legend Mr. Metz shares in Ms. Munn's book is about a veiled woman seen late at night near one of the graves in the old cemetery.

"A security policeman told me that he'd been making the rounds when he saw a veiled woman in black standing out in the graveyard. He parked his car to check on her, but when he walked to the spot where she had been, there was no one around, and no footprints were visible. He talked to some other security people, and several of them admitted having had the same experience."

The Indian Warrior

Mr. Metz explained it's not just former Fort D.A. Russell soldiers that occasionally appear to frighten unsuspecting base personnel.

"Probably the most dramatic apparition of all appeared to yet another security policeman who was driving out to check the missile sites," Ms. Metz said in the book.

"He looked up just in time to see an Indian in full plains war regalia charging across the prairie on a horse."

Another chilling and gruesome

tale from Warren's past involves an Indian woman who was allegedly raped and murdered by a group of cavalry men at White Crow Creek, which is now the family camp area.

Sergeant Davis is quoted in the book as saying he had heard the woman's terrified screams on two separate occasions.

"Sometimes when I used to be on patrol in the morning," he said, "I would get calls from the guys in the barracks, saying that they could hear the screams of a woman by the creek. I was never able to find anyone there, although I did hear her frantic cries. They were real enough to me that I think someone really did get raped and killed out there."

Modern Mischief

While such echoes from the days of Fort D.A. Russell are responsible for many of today's ghost stories at Warren, some more recent incidents have unclear origins.

One story is about a family who had moved here from Europe and brought their piano with them. At night, the family could hear an unseen entity tapping away on the keys.

In another incident, a woman is said to have put a pot of soup on the stove to simmer before she went shopping. When she returned, she found that all the knobs had been pulled off the stove and tossed in the pot.

Another mischievous spirit allegedly would roll a ball back and forth across an attic floor of a base residence.

And, an especially violent phantom is said to have cut up an artist's paintings and killed the cats that lived in one particular home.

Stockpiling leave now an option for those supporting contingency operations

Are you eligible to carry leave into Fiscal Year 2005? You may be if you were unable to take leave during the past year because you were supporting a contingency operation. Active duty personnel who have use-or-lose annual leave and were recalled from, or unable to take leave due to duty assignments in support of contingency operations may apply for Special Leave Accrual. Those personnel are authorized to accumulate leave in excess of 60 days until the end of FY 05. Simply submit a copy of your most recent LES along

with a copy of your TDY orders and travel voucher to your unit commander. Unit commanders should forward these items along with a recommendation letter to the Military Personnel Flight Customer Service Office before Nov. 15. For more questions on SLA, contact the Military Personnel Flight at 773-1845 or call the Air Force Personnel Contact Center at DSN 665-5000 or commercial at 1-800-616-3775. You may also e-mail your questions to the Air Force Personnel Contact Center at Contact.Center@Randolph.af.mil.

Youth High Bowlers for the week

Little Pee Wee's

Nicholas Figuero
Sequoia Chumpitaz

91 Game, 26 pins above average
73 game, 17 pins above average

Pee Wee's

Madison Murray
Julian Cox
Bantam-Preps
Kevin Marshall
Katelyn Crocker
Bryan Devore
Linzey Hurst

69 game, 28 pins above average
81 game, 40 pins above average

521 High series handicap
495 High series handicap
175 High game handicap
179 High game handicap

Junior-Majors

Jace Stephens
Leah Anderson
Tyler Speight
Michelle Keney

651 High series handicap
620 High series handicap
271 High game handicap
218 High game handicap



Photo by Mark Crabtree

Youth bowlers meet each Saturday through April at the base bowling alley. Junior Majors meet at 8:45 a.m.; Pee Wees meet at 11 a.m.; Little Pee Wees meet at 11:15 a.m.; and Bantam Preps meet at 12:30 p.m. For more information, contact the Bowling Center at 773-4002 or Agnes Colvin at 773-5172.



MAD Crew VP is part of the solution

This page is reserved for outstanding Airmen

One of the most common complaints Airmen have about being stationed at Warren is: "Unless you're a cowboy, there's nothing to do here." Airman 1st Class Eric Mason is part of a unique group of Airmen who are on a mission to put that myth to rest. Besides his work as an aerospace medical service apprentice with the 90th Medical Operations Squadron, Airman Mason is the vice president of the Make a Difference Crew (MAD,) a group of talented Airmen who have taken on the task of always ensuring there's "something to do here" for everyone. First Lt. Darrick Lee visited the clinic to speak with this super-trooper.

It's obvious you support the med group, but what specifically are your responsibilities as part of 90 MDOS? I help check-in between 30 to 35 patients daily. We assist with out-patient care and help folks with off-base treatment as well. Patient care is our number one goal, so we spend a lot of time making sure that not only our active duty folks are okay, but their families as well, because with our PRP-related duties sometimes having an ill family member directly affects the active duty member, which affects the overall mission.

Sounds like you enjoy what you're doing. Oh, yeah. I joined the military to establish a life for myself on my own ... the work I do here with the med group and as a part of the Air Force is a big part of my independence.

Why the Air Force versus other services? I'm a military brat. Both of my parents are retired Air Force master sergeants. I was so familiar with the Air Force when I graduated high school in Colorado Springs, it felt natural for me to join. I actually had an Army ROTC scholarship, but I turned it down.

You turned down a chance to go to school? Do you regret that decision? Not at all. The experiences I've gained while serving in the Air Force more than make up for what I didn't learn in a classroom. Plus, I still plan on going to school and maybe someday earning a commission.

Being the son of military parents, do you have one specific place you call 'home'? Of course, we moved around a lot, so I don't claim any one place. For me, home is wherever my family is. But if I had to pick a place I liked a lot, I guess I'd say Germany. I really liked being there.

Are you a lifer? Yes, but I do want to be an orthopedic surgeon someday. Hopefully the military can help me with that goal. I've always known I'd remain in the military. I've never known anything else. I can't imagine



Photo by 1st Lt. Darrick Lee

myself as a civilian.

Speaking of civilians what do you think they don't understand about military medicine? I think civilians think that we're all about fixing bullet wounds and combat-related illness. The truth is that we treat issues that all humans deal with, not just military. Combat medicine is just one aspect of it. Our services rival and in many cases are better than civilian facilities.

Besides your work at the clinic, what do you like doing personally? Personally? I love playing basketball. I'm not a Michael Jordan or anything, but I've got skills. Other than that, MAD crew has really been my main off-duty focus.

I hear the MAD crew is doing great things. In a nutshell, what's it all about? Basically, we get together every Wednesday at the club at 5:30 p.m. to hang out and think of things we can do that lots of Airmen would be interested in.

What's the next big thing on the MAD crew horizon? We're talking about hosting a "Showtime at the Apollo" - type thing. It will be a fun talent show, to include the heckling and laughter that's associated with it. It's still in the works, but I'm sure we'll make it happen if we can get enough people to help. **Are you short on help?** Yeah, we definitely need as much help as we can get. Anyone who wants to be a part of the crew can join us at the club on Wednesdays.

Any last words for Sentinel readers? Yeah. For the new arrivals at Warren: Don't complain about not having anything to do if you don't go out and explore. And don't complain if you aren't willing to help. We welcome all ideas. Come join the MAD crew every Wednesday at 5:30 at the club.

I can't wait for the talent show. Thanks for your hard work both at the clinic and with the MAD Crew. You're welcome, sir.



Trick or Treat Off the Street and Pumpkin Carving Contest

Little ghosts, princesses and heroes are all invited to Fall Hall Halloween night for Trick or Treat Off the Street Sunday, 6 to 9 p.m. The youth center staff and volunteers will host a haunted house, crafts, a piñata, ghost bowling and many other fun games for children. The event is free and there will be a hot dog dinner available for a nominal fee.

For more information, call Soni Snow at 773-2564.

Club Halloween Bash

Dress up in costume and come out to the Trails End Club today, 7 p.m. for the Halloween Bash. Cash prizes will be awarded for winners of the costume contest in the following categories: best dressed couple, scariest and funniest. Be entertained by the band Twisted Cain, enjoy snacks and play, “Let’s Make A Deal.” Free for club

members and \$3 cover for non-members.

Free spaghetti dinner and Family Talent Show

The Youth Center will host a free Month of the Military Family Spaghetti Dinner Nov. 3, 5:30 - 6:15 p.m. There will also be door prizes. All Warren families are also invited to watch the Family Talent Show Nov. 3 at 6:15 p.m. This event is free! Categories include parent and youth, husband and wife, and a family act.

For more information, call 773-2564.

Transmission flush special at Auto Skills Center

Save \$10 on a transmission flush during November. Call 773-3869 for an appointment.

Family Day at Chadwell Dining Facility

Nov. 7 is Family Day at Chadwell Dining Facility.

All active duty members may bring their family members with military ID cards to dine at Chadwell, noon to 1:30 p.m. Also invited are family members of the deployed.

For more information, call 773-3838.

Family Bowling Day at Warren Lanes

Sunday afternoon open bowling is reduced for Family Day at Warren Lanes. The entire family can bowling for only \$6.50 per hour/per lanes from noon to 6 p.m.

Veterans Day bowling special

Come to Warren Lanes Veterans Day, Nov. 11, 11 a.m. to 5 p.m. and save. Bowl for \$5 per hour and rent shoes for 50 cents.

For more information, call 773-2210.

Pie Festival at Child Development Center

All children and parents of children enrolled in the

CDC are invited to a Pie Festival Nov. 19 at 3 p.m.

For more information, call 773-2331.

Family circuit training at Freedom Hall

All base families are invited to the Family Circuit Training at Freedom Hall Nov. 20, 10 a.m. Deadline to register is Nov. 17. Enjoy shaping up with the entire family. Experience some fun with fitness rolls, jumping jacks, balancing acts and ball tosses. This is for everyone ages 6 and older. Lots of goodies will be given away including hats, t-shirts and gym bags.

For more information, call 773-6172.

Family Swim at the Aquatic Center

Family Swim is every Saturday, 1 - 5 p.m. Pay no more than \$10 for immediate family members only.

For more information, call 773-3195.

Outdoor Recreation

offers a ski trip!

Always a local favorite, Snowy Range Ski Area will be our skiing destination for the Thanksgiving holiday weekend, Nov. 28. It’s close, affordable and our staff expert will be available for free snowboard instruction (first 10 to sign up). The cost is \$35 per person and includes ticket, equipment and transportation.Call 773-2988 for more information.

Skills Development Center family activities

Have a professional family portrait taken by our photographer and receive 15 percent discount on framing. What a great Christmas gift for those back home. Call for an appointment on Nov. 3 or 17.

Handcrafted gifts make a very meaningful present. Start on your Christmas projects and save 20 percent on all holiday ceramic greenware you can paint during the month of November.

For more information, call 773-3166.





Hey, folks! I'm Antoine. You've probably honked at me once or twice out on Randall Avenue. As you know, we antelope are all over the base, so we pretty much know everything there is to know about Warren. Ask me a question by e-mailing Sentinel@warren.af.mil.

A reader asks: "Hey Goat Boy, why don't we play retreat on base? Overseas we played it everyday, but here, in our own country, we don't pay tribute to our fallen. What's the deal?"

While grazing by Building 232, I overheard Lt. Col. Michael Crocker, 90th Services Squadron commander, say that although a limited system exists on the roof of Fall Hall, they're in need of equipment and funding for a base-wide notification system that can be used to play retreat. They're working on it. But in the meantime, I suggest contacting the Airman Leadership School. They hold reveille on Tuesdays and retreat on Thursdays during their classes. If your unit wants to hold a ceremony, contact ALS to check out the remote that runs the system. By the way, you need to watch more Discovery Channel and less Jim Bruer ... I'm an Antelope, not a goat. There IS a difference.

Health and Wellness Center

Pre-natal fitness and nutrition education

Pregnant? - Come and join the HAWC for some pre-natal physical fitness and nutrition education. Call 773-4292 to schedule your class today. Dates available:

Today - 10 a.m. to 11:30

Nov. 9 - 1:30 p.m. to 3.

Nov. 23 - 10a.m. -11:30

Healthy Cooking Demonstration & Nutrition Talk

Come to the HAWC cooking demonstration showing you new recipes and low fat preparation methods, along with quick and easy menu ideas presented by HAWC staff and guest chefs monthly. Sign up in advance to reserve your seat now.

Relaxation Room

Would you like a place to get away from it all for 30 minutes? Our Relaxation Room offers a great way to relax with an easy to operate massage chair in a quiet, subdued area of the HAWC. Ask about the relaxation music option!

3-2-1 Circuit Training

3-2-1 is performed as three minutes of aerobic conditioning, followed by two minutes upper body/lower body muscular endurance conditioning, followed by one minute intense anaerobic conditioning. This format is cyclical, lasting 30 minutes. Class length is one hour and includes an appropriate warm-up, cool-down and stretching phase. Classes are offered every Thursday at the Freedom Hall gym from noon to 1 p.m. *Incentive items are free to newbie's.

Micro fit Assessment

Want a full fitness assessment with one-on-one attention? Micro fit assesses your blood pressure, flexibility, aerobic endurance, body composition and muscular strength. Upon completion of the assessment, you will receive a comprehensive analysis and explanation of you scores in each area. Appointment length is approximately one hour. Call the HAWC today to schedule and receive your free water bottle.

Healthy Heart Class

This two-hour initial nutri-

tion course will show you the preventative approach to defying heart disease. Learn about the "whys," "what ifs," and "how tos" for improving your cholesterol and triglycerides. Increase your knowledge of techniques to lower total fat and saturated fat in your diet and how to increase your fiber consumption.

Tobacco Cessation Programs

At the HAWC we offer two programs:

The American Lung Association Call Center Program is a 1-800 number to have one-on-one telephone consultation. No appointment required, and no waiting for the next class. Just call 1-800-548-8252 between 6 a.m. through 6 p.m., Monday through Friday.

The QuitSmart Program is a four-class series that will provide you the support and guidance necessary to make a lasting commitment to change. We also offer individual sessions as needed for shift workers. Call 773-4292 to find out more about these programs.

Veterans from Page 2

8 (or 13 percent) of civilians 18 and over. Of these, 9.7 million are age 65 and older and the median age of our veterans is 54.7. As of 1990 or later, women accounted for nearly 16 percent of all veterans of 1.6 million. In contrast, women make up about 4 percent of World War II veterans, and 2 percent of Korean War veterans. The number of black veterans is 2.6 million. Additionally, 1.1 million are Hispanic, 284,000 are Asian, and 196,000 are American Indian or Alaska native. Vietnam-era veterans account for the largest share of all veterans, about 3-in-10. The next largest share, about 2-in-10, served during World War II.

Finally, I will end with a poem entitled, "In Flanders Fields" written by the Canadian army physician-surgeon attached to the Canadian 1st Field Artillery Brigade, John McCrae. "In Flanders Fields" to this day is one of the most memorable war poems ever written. It is a lasting legacy of the terrible battle in the Ypres in the spring of 1915.

Flanders is the name of the whole

western part of Belgium. 'In Flanders Fields' is also the name of an American War Cemetery in Belgium, where 368 Americans are buried.

In Flanders fields.

*In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.
We are the Dead. Short days ago
We lived, felt dawn, saw sunset*

glow,

Loved, and were loved, and now we lie

In Flanders fields.

*Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow*

In Flanders fields.

Take the time to reflect and thank our heroes of our country ...Lest we forget!